

# Jhanas (Meditative Absorption States) and Dependent Origination

with Leigh Brasington

**This Nonresidential Workshop / Retreat** is for beginning and experienced meditators. Sitting and walking meditation sessions will be included.

**Introduction to the Jhanas.** Leigh will describe the eight altered states of consciousness which the Buddha defined as Right Concentration. The details of the Jhanas will be discussed and instructions for entering them will be given. The relationship of concentration and insight will also be discussed. However in such a short time, no one should expect to actually experience any of the Jhanas - but perhaps be inspired to attend a longer retreat where they are taught.

**Dependent Origination.** "One who sees dependent origination sees the Dhamma; one who sees the Dhamma sees dependent origination." Majjhima Nikaya 28. This teaching on the interdependence of phenomena is the heart of the Buddha's wisdom teachings. It is often described as a chain of twelve links - which we will look at in detail, and it also has many other important implications which we will also discuss.

**Leigh Brasington** has been practicing meditation since 1985 and is the senior American student of the late Venerable Ayya Khema. She requested that he begin teaching. Leigh assisted Venerable Ayya Khema starting in 1994, and has been leading retreats on his own since 1997 in both Europe and North America. Since the death of the Venerable Ayya Khema, Leigh is the only person authorized by her who is currently teaching the Jhanas in North America. He is entrusted with the transmission of a practice given by the Buddha, which is in danger of being lost to the world.

**Dana (generosity)** From the days of the Buddha, the teachings have been considered priceless and offered freely. Today, teacher support continues to come from students' voluntary donations.

**Register by mail or with credit card online** at <http://www.westcoastdharma.org/nonresidential.htm>.

Partial registration is only available for Friday night (\$10).

### Date and Location

March 19, Friday, 7:15 pm - 9:00 pm  
March 20, Saturday, 9:00 am - 5:00 pm  
March 21, Sunday, 9:00 am - 4:00 pm

Asian Centre  
UBC Campus  
1871 West Mall

### Cost

\$75 (plus dana). Late registration (received or postmarked after March 5<sup>th</sup>) is \$85.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat. The retreat is free for meditators 18 and younger. For reduced-fee information, call 604.731.5469. No one is turned away for lack of funds.

### Information

Call 604.731.5469  
Visit [www.westcoastdharma.org](http://www.westcoastdharma.org)  
Email [info@westcoastdharma.org](mailto:info@westcoastdharma.org)

To register for the March 19 - 21 Workshop Retreat with Leigh Brasington: mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after March 5<sup>th</sup>) payable to: Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver,

Name \_\_\_\_\_ Tel (home) \_\_\_\_\_  
Address \_\_\_\_\_ Tel (work) \_\_\_\_\_  
City \_\_\_\_\_ Postal Code \_\_\_\_\_  
E-Mail \_\_\_\_\_ (please PRINT mindfully)

This is my first Vipassana Meditation retreat. Yes \_\_\_ No \_\_\_  
I would be willing to help with the retreat (e.g. by helping to set up and restore the hall, Yes \_\_\_ No \_\_\_  
by making tea, by making the teacher's lunch, by providing or purchasing flowers, etc.).  
My preference would be to help by \_\_\_\_\_

**Assumption of Risk and Release.** Please read carefully before signing.  
I assume all risk of damage or injury that may occur to me while practicing meditation at the Westcoast Dharma Society meditation retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge Westcoast Dharma Society, and its agents, from all claims resulting from my participation in the meditation retreat.

I have read and understand this assumption of risk and release on \_\_\_\_\_  
(date) (signature)